Fresh Start Planner for 55+

A 4-week guided planner for a lighter, simpler start

A large-print guide for adults 55+

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Start Here

A fresh start doesn’t belong only to January 1st. It can happen on an ordinary Tuesday, after a hard week, or at the quiet moment when you realize something is not working anymore.

Most of us don’t want a brand-new life. We want relief. We want things to feel lighter, with fewer mental tabs open. This planner helps you make one small, realistic change in four weeks, rather than a long list of promises that fade by February.

How this planner works

- Week 1: clear and choose
- Week 2: start small
- Week 3: adjust
- Week 4: celebrate and decide what is next
- Each week takes about 20 minutes.

If your fresh start involves exercise, eating or other health changes, please check with your doctor before you begin.

Week 1: Clear and Choose

Brain dump

Write everything that is on your mind. Don’t organize it. Just get it out of your head.

On my mind:

Keep, Stop, Start

Keep	Stop	Start
What is working and I want more of	What drains me and I could let go of	What I would like to begin

Choose one area

Circle one that feels most important right now, or write your own.

- Home and belongings
- Health and energy
- Friends and family

- Money and paperwork
- Learning or hobbies
- Spiritual or inner life

My one area for the next four weeks:

What “lighter” would look like in that area:

Week 2: Start Small

A big goal gets done through small actions that fit into the day. Make the first step so small it is hard to skip.

Instead of…	Try…
Clean the whole house	Clear one drawer or shelf
Get fit	Walk 10 minutes after breakfast (if your doctor agrees)
Reconnect with everyone	Call one person this week
Organize all the paperwork	Sort one pile for 15 minutes
Learn a new skill	Spend 15 minutes on one lesson

My three tiny actions for this week:

Daily check

Mon	Tue	Wed	Thu	Fri	Sat	Sun
[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]

Week 3: Adjust

Something will not go as planned. That’s information, not failure. Adjust your plan the way you would adjust a recipe.

What has been easy?

What has been hard, and why?

What will I change to make it easier (a different time, a smaller step, a helper)?

If you miss a day

- Don’t restart from scratch. Just do the next small step.
- Missing once rarely matters. Missing twice is a signal to adjust the plan, not to quit.

Week 4: Celebrate and Decide

What changed, even a little?

What am I proud of?

How do I feel compared with four weeks ago?

What next?

- [ ] Keep going with the same area
- [ ] Add one new small step
- [ ] Choose a second area
- [ ] Rest and repeat this planner next season

My next four-week fresh start:

Starting fresh is not about becoming someone else. It is about making a little more room for the life you want.

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